

Natural Rearing Newsletter ©

Volume 1 Issue 7

NOVEMBER 1995

FOR BREEDERS THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS



Happy Birthday to us !

It's been a whole year since our first publication. I hope you've enjoyed reading our newsletter as much as I have enjoyed writing it.

As I look back on the subject matter covered, I am a little surprised that I feel we have just scratched the surface on natural rearing. Before starting this project I must confess that I was a bit concerned about having sufficient material that would be both interesting and informative. I wanted to ensure that each and every issue would carry good value.

From your many favorable comments, it is safe to say that we have accomplished our main objective of providing a quality newsletter that entertains and educates at the same time. Thank you for your praise and participation in spreading the 'good word'. Your feedback is always most welcome.

There is so much more to cover just the basics, and so much exciting new information coming to light all the time, that I'm now positive that we'll be publishing for a long time.

From issue No. 1, a reminder: Keep an open mind but not so open that your brains fall out. I hope in the last year we have stimulated the old 'think tank' and introduced a few different concepts for you to mull over.

So now for another year, let's get on with the good stuff !!

THE MASTER KEY TO HEALTH ENZYMES--PART--1

In past issues we have touched on the importance of diet and the questionable practice of vaccination. We have had the audacity to question even the basic theory of disease as it is accepted to-day.

We have made some very bold statements about the nature of the immune system and the ability of the body to take care of itself if we allow it to function as it was designed to do, by nature.

Are these just the wild flights of imagination? Is there a reality here that can be grasped and substantiated by modern technology?

In this series on enzymes, we will bring you some of the latest scientific research that not only confirms what we have been saying, but goes a long way in helping to understand how the body functions. It will help to explain why nutritional deficiencies can be a major factor in disease. It will touch on the roll of 'trace elements' so necessary to 'good health'. It will help us understand the dangers of 'suppression' with drugs, antibiotics and cortisone.

This is such an exciting field of research! There are wonderful new natural enzyme therapies being developed in many different countries all over the world.

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After you have read this series, you will have in your hands, the basic knowledge to judge the level of understanding of most health care professionals. You will know when a recommended therapy makes sense and when it is nonsense (i.e. based on faulty theory”).

Don't be surprised if you end up knowing more than they do.

In ancient times it was known by the Egyptians and the Arabians that there was an invisible force which made all living things change. It was a 'mysterious' force that transforms one substance into another. Milk became cheese, fruit to wine, etc.

Every living thing is in a constant state of change. Minute by minute, hour by hour the constituents of our body continue to change. Today we are beginning to know how this works, through the action and interaction of enzymes that flow throughout our entire body.

In 1930, we only knew of 80 enzymes. By 1993, more than 2,700 enzymes had been identified. We do not know how many more are left to be discovered. Each enzyme is specific in how and where it will react, to generate a predetermined result.

In technical terms, enzymes are albuminoid macromolecular bodies, with a complex structure and are active biocatalytically speaking. These **albumines** are made of 20 different **amino acids**.

In biochemistry, when something is designated with the ending “ase,” you can almost be sure that we are talking about an enzyme. In the early stage of the discovery of enzymes, they were known by names that ended usually with an “in.” like the well-known pepsin and trypsin.

Simply speaking, enzymes are catalysts. Nature does not like to waste energy. She uses a 'catalyst' to produce a big effect with a small effort. Thus an enzyme could be described as a substance whose presence causes the transformation of an organic substance and accelerates the change.

So what's the big deal? Simply this. Enzymes are necessary for the proper functioning of our whole metabolism. In our body, every part is related to all the rest so that even one tiny disturbance (biochemically speaking) can result in a **complete imbalance**. **Diseases are the consequence of this disorder!!**

Enzymes are constantly produced within the body. There are certain organic molecular pieces that in small quantities are required to form these enzymes. These pieces are the vitamins, minerals and trace elements. Altogether they are called “co-enzymes”. **The deficiency of any of these co-enzymes will result in a specific medical condition.** (example: B1 deficiency will cause “beriberi”)

These co-enzymes are different from enzymes. Enzymes are made of albumin and the co-enzymes are not. The enzymes are rather large molecules while co-enzymes are relatively small. Enzymes are **not consumed** in the true sense during their activity, while co-enzymes **are consumed and must be replaced through diet**.

Some enzymes live only 20 minutes and must be replaced by new enzymes of the same type, recently produced. Others remain active for a period of several weeks before they are eliminated (because of their age).

To do their job, enzymes must be exposed to certain physical conditions. Each of them need a specific temperature and PH, which causes them to have different speeds of action. (see Newsletter #6 for the 'soil of disease')

To give you a rough idea of the speed that enzymes change substratum (the place where they work), lysozyme (an enzyme that helps in the elimination of bacteria) produces a change of approximately 30 molecules per minute (1 every 2 seconds). The fastest is carboanhydrase, which changes an incredible 36 million parts of substratum in one minute!

To bring about certain tasks of great importance within our organism and to keep our system in a perfect balance between too much and too little, the enzymes work most of the time in small continuous steps. This is called “enzymatic cascade”. Like dominoes, one enzyme activates the next enzyme, and in turn, that enzyme activates another enzyme, until one last enzyme finally produces the desired effect.

If an enzymatic cascade is wrongly activated, there can be dangerous consequences that may even lead to death. Thus Mother Nature in her infinite wisdom built into our system two security systems to protect us from this happening.

The first lock of the security system is to produce new enzymes, **but the characteristic of these enzymes is that they are not active**. That is, they will not work until they are activated by certain changes in the structure of the **amino acids**. Thus, the innocuous enzymes flow all over the lymphatic system and the bloodstream. **Whenever the body needs to have a certain effect, a corresponding enzymatic cascade is activated accordingly!!**

The second security system is that nature also provided us with **inhibitors** of enzymes. These can stop the activation of the enzymes when the quantity of enzymes is too large.

There are several other substances that have been discovered to help neutralize certain enzymes. By this means we can intentionally act on the process of metabolism. In veterinary medicine, almost all drugs, such as antibiotics, steroids, etc., are in reality **enzymatic inhibitors**.

By now you are aware that these can have different adverse side effects. It would be better to help the body react, instead of inhibiting it.

For those of you who have read this far--
Congratulations!! If you can absorb the foregoing and stay with us for future issues, your reward will come in learning how enzymes are being used therapeutically to cure most diseases, prevent most illness and even go so far as to correct genetic problems.

-To Be Continued-

HOLISTIC VET. CONFERENCE

This year's conference, held at Snowmass Colorado, was one of the best attended events in the history of the association. More and more vets are recognizing the need to add to their knowledge, skills not taught in mainstream veterinary educational systems.

Judging by the numbers attending, the field of holistic veterinary medicine is growing rapidly (hurrah for our side!!). Judging by the looks of sheer astonishment on the face of some of the newcomers, it was obvious that the conference provided a whole new world of healing concepts for many of the vets to take home with them and hopefully incorporate their practices.

There is so much to tell you about that I will have to spread it over a few issues to even cover the highlights. So let's get into it.

The world of science is just beginning to unravel some of the underlying principles of the mechanisms of the body. Those at the forefront of discovery seem to have one common outstanding characteristic. The ability to remain humble and **keep an open mind**. For example:

Pedro Louis Rivera, D.V.M.

His opening remark : "It is amazing how the ultimate BEING, created BOTH the human and the animal body in such a way that the more we study it, the less we know about it".

He gave an interesting lecture on the science behind using "Glycosaminoglycans" (GAGS for short) in the treatment of degenerative joint disease.

GAGS are naturally occurring substances in the body and have many important functions. They help brain cell functions, help maintain skin, they maintain integrity and protection of normal cells, they are important in fertility, and most importantly, help maintain function and fluidity of joints.

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As a body ages it is common for GAGS and other important components of joint function, to become imbalance. This sets up a cycle of inflammation and pain in the joints.

To help keep this balance there are several sources of GAGS--the best being of animal in origin. These would include products such as the Perna Mussel; bovine tracheal cartilage; shark cartilage; and glucosamines combined with Chondroitin Sulphates.

Absorption of the supplements are very fast. According to studies done in Tokyo, the absorption time has been measured to be as little as 30 minutes.

Dr. Rivera and other vets agreed that these supplements have been instrumental in helping control degenerative diseases of all natures.

The protocol is to do a loading program (i.e. double the standard dosage) for 2 to 3 weeks. then cut back the standard dosage.

Caution!! GAGS have blood clot inhibiting abilities and **should not** be given to animals with bleeding disorders or clotting diseases. **Important**--GAGS should be discontinued approximately 2 to 3 days prior to any surgery and for approximately 7 to 14 days after, depending on healing time.

As usual, the **quality** of the supplement used is of primary importance for therapeutic use.

An interesting note: joint fluid is composed of 82% water. So for those of you with joint pain--drink your water !!

Roger L. DeHaan, D.V.M., M.T.S.

As always, Dr. DeHaan gave a very entertaining demonstration of his utilization of "Applied Kinesiology" in his practice.

(Authors note: Applied Kinesiology is a system of body analysis that relies on muscle responses to determine where physiological and structural imbalances are occurring. In theory, if the "energy" flow within the body is disrupted in some manner, the particular problem can be located by testing the specific muscle reflexes. It is an evolving art/science. New information is being discovered and applied clinically at a rapid rate. In veterinarian practice the use of A/K is virtually in its infancy. This is exciting because this technique's value is constantly increasing. While it can provide an invaluable assessment of the body, it **can not** be used as the **sole** means of determining treatment of a clinical case. It should be viewed as only another tool to add clarity to a fully worked-up case).

Dr. DeHaan pointed out specific and major points to be tested to assist in the diagnosis of weakness in the body. Of course blood tests are also taken to validate the findings.

By giving back the proper nutrients (such as glandulars, herbs and homeopathic preparations) the body is able to respond and heal itself.

He also stressed a change of diet is quite often a key factor in the majority of cases. This is particularly true in chronic immune challenged cases such as allergies or gastrointestinal troubles.

Ihor Basko, D.V.M.

Lectured on evaluating herbal products that are on the market today.

I suppose I must have had a grin on my face throughout his lecture, as he stressed everything I wrote in "Herbs For Health Or Profit ?" in Issue #5 of our newsletter.

In addition he did point out the many products that are entering the marketplace for pets that over combine herbal mixtures. Not only are there a multitude of herbs (sometimes 15 or more) they are also combining these with vitamins, enzymes, and so on.

These combinations are put together based on individual herbal studies BUT no one knows the interaction of most of these products when these nutrients are combined as one supplement!!

Herbology is deeply based in elemental theory (which I won't go into at this time) but some herbs are "cooling" to the body, while others are "warming. If both of these types are combined--how will the body respond? The system can be stressed and most likely at best, will be unable to absorb the supplement!!

Many times I am asked about some new big combo supplement that is being pushed, and most of the time all I can do is express my concern with the responsibility of the producer of this "new kid on the block" and the true motivation behind the product. It was gratifying to hear Dr. Basko express the same concerns.

(This is one of the reasons why I have, over time, grown to appreciate Juliette Levy's' formulas. They are eloquently simple and have stood the test of time !! I have yet to find any herbal product that surpasses the quality of her NR line, consistently applied over decades of production.)

Mark Anderson
Standard Process West Inc.

Gave a great talk on the use of "Protomorphogens" and cases of autoimmune diseases. (Don't you just love the way these tongue twister words keep popping up in science?)

The word, taken from the Greek language means roughly "primary organizer". Loosely translated it means the primitive material from which an organ is created . So, what

are we really talking about? Specific extracts of glandular tissues! (Usually either bovine or lamb).

The term originated from published research done way back in the 1940's by Dr. Royal Lee. Remember, this was before we even knew that "DNA" existed.

He theorized that each cell contained highly specific identity information within itself, that provided an extremely accurate method of "targeting" that cell for destruction by an antibody.

Dr. Lee was the pioneer of glandular therapy. His work had been largely rejected by the orthodox medical community until recent scientific research has extensively proven his theories.

He found that when the cells of any organ are damaged, cellular debris is released into the circulation of the blood stream (Antigens). The body reacts to this debris as a foreign substance and creates an antibody to destroy it.

In some instances, the antibodies will not only attack the debris, but will also attack the original organ as well!! This results in what we now call "autoimmune disorders" such as diabetes, rheumatoid arthritis, systemic Lupus, psoriasis, etc.

Dr. Lee (and recent science) has shown that concentrated extracts of the nucleoprotein (protomorphogen) can be absorbed in the gut as an antigen. Once in the bloodstream, the protomorphogens act as a decoy and redirect the immune system assault away from the target organ.

This in turn gives the organ much needed time to absorb nutrition to help rebuild and repair the damage. As the organ becomes strong and healthy, less cellular debris is released, thus breaking the autoimmune cycle!!

Glandular therapy has been successfully used for decades. In the last few years, science is catching up to old knowledge. Of course if we have new science we better have a new name. So they have renamed the therapy "Oral Tolerization". Same bunny--just beating a new drum.

As usual when methods are successful, there will be companies producing glandular products simply for profit with no real understanding of the theory or care that must be taken to produce a truly effective product. (i.e. the "fast buck" boys strike again).

The quality of most glandular products found in health food stores is at best, poor. Many are not food grade nor organic. More importantly the processing methods used, leave the product without the nucleus cell information that is needed by the body, for the product to work!!

Mark Anderson also gave us some fascinating insights of the true purpose of FDA and other little "gems" that I will share with you in a future issue.

Greg Ogilvie, D.V.M.
Diplomate ACVIM, Oncology Specialty
Dept. of Clinical Science
Veterinary Teaching Hospital
Colorado State University

Dr. Ogilvie wowed us !! The entire audience was on the edge of their chairs throughout his lecture on Nutrients and their use in Cancer therapy.

The scientific trials that Dr. Ogilvie and his team are doing at the University are long overdue and most welcome to the holistic community. They are in the process of proving that certain nutrients such as vitamins, amino acids, etc. are critical in supporting therapies with cancer patients.

He spoke of the importance of vitamins such as E, C, Beta Carotene, and a variety of minerals, including Selenium.

Amino Acids also play an important role in controlling cancer. Methionine has been shown to inhibit tumor growth. L-Asparaginase has helped obtain complete remission of dogs and cats with lymphomas.

Glutamine has been shown to help reduce the side effects of chemotherapy induced enteritis. L-Arginine aids in increasing the immune system (see Newsletter #6 for more details on L-Arginine and it's powerful effects on the body). L-Proline and Phenylalanine have been reported to suppress melanoma cell growth in rodents.

Good old Garlic was also the focus of cancer prevention and treatment.

A very interesting part of Dr. Ogilvie's studies has been in the area of diet. One of the main reasons we have seen such a dramatic increase in Gastro Intestinal malignancies is due to the decrease of fiber in commercial pet foods. His research has found that cancer patients have very elevated levels of lactase and insulin in their blood. Even after surgical removal of the tumors. In other words you can remove the cancer but you have not changed the underlying metabolic problem! (What were we saying about the "soil of disease"?)

Cancer shuts down "aerobic" metabolism and changes to "Anaerobic" metabolism. (see Issue #1 article on oxygen). This produces lactate in the body. When lactate levels are high, the body feels bad and tired. (Much like an athlete who over trains and causes a build up of lactate in the muscles creating fatigue).

By now you may be thinking this is interesting but so what?

Well, when animals have gone through surgery or are dehydrated how many vets are still giving LACTATE Ringers Solution ?? The last thing the patient needs at that point is to pump more lactase into the system!!

With respect to diets--tumors love carbohydrates. A diet high in carbohydrates produces more lactase! Thus carbohydrate reduction is very important to the cancer patient.

On the other hand, tumors can't utilize fats (they need to make their own). Tumors compete for amino acids--so a high quality but moderate protein diet is needed.

One of the most exciting areas of work Dr. Ogilvie is pursuing is the use of Eicosanoids or Omega-3 fatty acids. The body can't produce Omega 3's thus it must be taken in through diet. Omega 3's have been proven to inhibit platelet aggregation (in other words--decreases the stickiness of the cells that carry the cancer cells). They also help to increase the immune system and decrease the inflammatory process.

The opposite is true of Omega 6 fatty acids. They increase the stickiness of platelets which in turn enhances metastasis!!

In double blind studies on Lymphoma cases conducted by Dr. Ogilvie, results proved that when supplementing with Omega 3 and L-Arginine, the blood tests showed dramatic decreases on the lactate and insulin levels.

Simply put, these nutrients help change the metabolism thus promoting healing and increased life span.

Good sources of Omega 3's are: fish oil, Flax oil and Evening of Primrose. Make sure the oils are fresh and pure (not mixed with Omega 6).



An entire conference day was spent on the subject of vaccination. In the next issue of the newsletter I will bring you a report on the viewpoints of Dr. Ronald D. Schultz, and Dr. W. Jean Dodds--our two main speakers on the subject.

In that issue we will also continue our own series on the subject and bring you some basic information on "nosodes" (the homeopathic form of immunization).

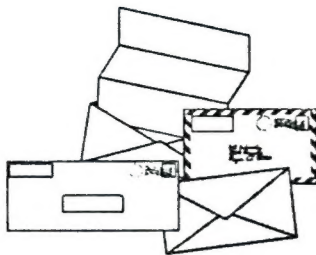


HONORABLE MENTION

At the 1995 convention of orthodox veterinarians there was a consensus of opinion, that there is no scientific reason for annual vaccination of dogs and cats. At last the information is reaching the mainstream!! Chalk up a BIG one for our side!!

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MAILBOX



Dateline October 10, 1995--Hamilton, OH

Dear Marina:

I wanted to write you and let you know how my puppies did. They were born on Thursday, October 5th. A litter of 5, (4 girls and 1 boy).

They are all doing great. It was amazing how active they were even before they were completely out of the birth canal. Three of the puppies were out of their sack and their heads and front legs were wiggling before their rears were out of the bitch. They all nursed right away and they are gaining weight daily. They were between 1 lb. even and 1.25 lb. at birth and last night (day four) they were all between 1.9 lb. and 1.11 lb., so I don't think they will have any problems doubling their birth weight by 7 days.

I also wanted to thank you for all your help and advice. I will never breed a litter without the three formulas that I gave to this bitch. (Ed. Note: the three products were NR Birth Aid, Pregnancy Formula and Fading puppy remedy). She came to me around day 32 and went on the herbal remedy's around day 39 and she did great. She whelped 5 puppies in 7 hours and her discharge has already almost stopped. She still has some but nothing like I've seen other bitches have that were not given the remedy's. My puppies were all quite robust and vigorous nursers so they were not given the Fading Puppy remedy directly, but I am still giving it to the dam along with the pregnancy formula, both twice daily. It's not convenient for me to give the 3x day dosage, so I'm giving it only twice.

Thanks again for all your help and valuable advice. I'm sure I will be in touch with more questions and cries for help as my litter grows and matures.

Thanks for sharing your experience. I fully agree that there are some products that I simply must have when breeding. Juliette's NR Birth Aid has been used for decades by breeders all over the world--all share our opinion of its high value in keeping both mother and pups, healthy, vigorous, and strong.

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I believe it is my responsibility when breeding, to ensure that my puppies have the best shot possible at a healthy start in life, and that my bitch has the least problems, fast recovery, and optimal chance of ongoing good health. I guess this is one of the main reasons I believe so strongly in a total 'Natural Rearing' approach.

Dateline October 17, 1995--Brandon, WI

(Ed. Note: This letter is from a cat breeder that was having problems with a tom that had a wonderful temperament at home but hated to be judged at shows).

Dear Marina:

We went to a show this past weekend. The boy with the aggression problem, was the worst he had ever been when we got set up.

He was hissing at me in his benching cage. I started giving him both the 'Aggression' and the 'Fear/Stress' remedies.

By the end of Saturday, he was like he usually is, friendly everywhere except the judging table. By the end of Sunday, there was noticeable improvement on the judging table!

I think I'll try him again

Thanks for your letter. It's great to hear from a breeder that the homeopathic remedies enjoy success for cat 'show' problems. I knew from my research that this was true but it's always nice to have this confirmed by someone with front line experience.

Be Prepared

The following information is provided for educational purposes only and should not be construed as veterinary advice. Professional help should always be sought.

We all share a desire to provide good health care for our animals. The extent to which we will go to ensure that this desire is met, is highly individualized. It is largely based upon the knowledge we have acquired over time and the degree of responsibility we are willing to accept.

Lack of knowledge (ignorance) generates fear. Thus one must choose to either obtain knowledge to the extent that fear will be alleviated, or to pass on the 'responsibility' to someone else in an attempt to relieve our conscience and quit our fear.

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For example, it is 'fear of disease' that causes us to 'pass on responsibility' to 'accepted science' in the form of conventional vaccination. We are comforted by our 'ignorance' and our assumption that we are now 'safe' from the threat of disease. Regardless of the incidence of 'failure to protect', for most of us the idea of 'avoiding' vaccination is just plain scary!

For those brave souls that choose to accept the responsibility, and for those that may experience a 'failure' of vaccination protection, I have some words of comfort. Always remember this: diseases are treatable!!

By gaining the knowledge of how and what we can use to combat disease, we can (to a large extent) alleviate 'fear' and truly realize the joy and self satisfaction that only comes with acceptance of personal responsibility.

In past issues, some of the remedies that we should have on hand have been mentioned previously, so I will not go into great detail here.

Firstly, in any cases of fever or true illness, food should be stopped. Most animals will instinctively not eat, but if you have a dog who will eat-even with a raging fever- the worst thing you can do for him is to feed him! Food takes a tremendous amount of energy to digest and must draw on the blood stream for this energy. The digestive system (basically the muscles and tissues) fills with blood while eating. When eating stops, the digestive system rests and all that blood and energy can be utilized elsewhere in the body to heal.

Of course you will know early if your animal has a fever since you know the baseline temperature of each of your animals (as discussed in issue #6). You do know that now don't you?

Treatment of viruses must be swift and immediate. In the case of Parvo, Juliette Levy recommends to treat the virus as a poison. To help get the virus out of the body quickly, give castor oil. Dosage should be strong (i.e. 1 tsp. for a 30 lb. dog.) Add a little honey or water and pour down the dog's throat.

In the case of any virus, give double doses of NR Herbal Compound tablets. The herbs in this compound not only boost the immune system, but have strong anti viral properties (see issue #1 for full description). These are used routinely to maintain good health and are especially important when multiple animals have been exposed, to help eliminate further contamination.

Emphasis must be placed on boosting the natural immune system quickly. In dealing with a viral infection, I feel one does not have the luxury of time to utilize the homeopathic 'single remedy' approach. Aiding the body's defense system with a variety of modalities has been successful.

A glandular called "Immuplex" gives specific support to the Thymus and Spleen, helping the body to fight infections. This too can be double dosed. A breeder of guide dogs told me of an incidence of viral diarrhea that had been brought in and had gone through the whole kennel. The dogs that were on a routine dosage of Immuplex never contracted the disease!

Lactobacillus Acidophilus can also be used regularly or during times of illness. (It should be noted however, that if used on a routine basis, it should not be given more than three times a week. If given too often the body may build up an intolerance thus negating its usefulness in treatment of illness.) These are enzymes that help keep the good intestinal flora at optimum levels. This could be particularly important when dealing with gastro intestinal viruses such as Parvo.

To be truly beneficial, the enzymes that are ingested must be live enzymes. To be effective, the supplement being used must be refrigerated! There are so many acidophilus products being sold in pastes, tablets, and other forms that need no refrigeration. Special claims are usually made of a particular processing technique that purports to ensure that live enzymes are retained. Granted a few enzymes may actually live through the process but typically in low quantities compared to a live enzyme product.

Some pet food companies add Lactobacillus into their foods or supplements but you cannot count on enough live enzymes being available to the body, to do the job. Especially during illness!!

To further help boost the immune system, Chinese Herbs can be utilized. Two combinations I particularly rely on are "Isatis 6" and "Astragalus 10". Both help to replenish the immune system. Isatis 6 is specific for viral and other types of infections.

NR Tree Bark Gruel, which contains Slippery Elm; Barley Flour; Dill and Marshmallow, is internationally renowned for its soothing and healing properties for the gastro intestinal tract. This will not only help to control the viral diarrhea but provides important nutrition during the time of illness. NR Tree Bark Gruel can be mixed with a little honey to administer to an ailing animal.

Homeopathy plays an important role in the treatment of viral diseases. Remedies are most effective when given at the early onset of symptoms. Therefore it is strongly advised to keep a base stock of remedies on hand so you are not scrambling to find what you need after an illness has occurred.

Aconitum Napellus or Aconite is used to treat complaints that come on suddenly and acutely. It is a main remedy for fevers and infection. Usually a higher potency (30c and up) is used, or the combination Aconitum Homaccord by Heel is excellent.

Arsenicum Album is a good remedy to help control diarrhea and gastroenteritis symptoms. This remedy is particularly indicated if the animal is restless. BHI Diarrhea and Inflammation are also important to have on hand.

Phosphorus is an important remedy to help control the gastric symptoms such as vomiting and is an excellent remedy to help control bleeding (i.e. Parvo cases often have bloody stools).

BHI Nausea and BHI Stomach are good combinations to help further control symptoms. For very severe vomiting, suppositories of a remedy called "Vomitsheel" can be used.

There are many remedies that can be given for diarrhea and vomiting type symptoms. However, we are talking about having a few key remedies on hand. By using single remedies and BHI combination remedies, this usually covers a broad spectrum of conditions.

Echinacea has a powerful effect on the body helping the immune system fight off infections. Again, quality of the herb used is of greatest importance (see issue #5). I use Echinacea in the homeopathic form as it reacts so quickly in the body.

The remedy called "Echinacea Forte" can be used. This is a combination formulated in Germany by Heel, that stimulates the defensive system in the body. When dealing with serious virus cases, this is the remedy of choice, as it is also available in an injectable form.

Engystol and Lymphatic are also good remedies to help the body in fighting off viral diseases and especially in helping to ensure no long term effects are incurred.

Nosodes, made from the specific virus to be dealt with, can be given therapeutically during the time of illness. This boosts a specific immune response to help the body fight the virus.

Dehydration during illness can be a major problem. Juliette Levy writes of "Savior Tea" that is used to help save the lives of infants in 3rd world countries. Use Barley water (or plain water will do) and add one tsp. of honey and one teaspoon of glucose and approximately 1/8 tsp. or less of sea salt. Frequent dosing at 3 hour intervals is done until the diarrhea has run its course. This same mix can also be used as an enema where the water is quickly absorbed through the lower bowel. The homeopathic remedy China is also helpful in the body's recovery from fluid loss.

Bach Flowers can also be used during viral treatment (for both patient and human owner!). Calming Essence (Rescue Remedy) will help keep all calm and should be misted in the "wellness room".

Mimulus and Aspen can be used to help alleviate fear. Gorse can be used for the animal who has given up hope and is depressed. Centaury will help increase the will to live.

If they must be left alone at the vets office, Heather and the homeopathic Ignatia will help to alleviate the stress or separation.

In dealing with viruses, we can take advantage of both conventional and holistic treatments. They are truly complementary in cases of serious illness.



THE JOYS (?) OF MOVING

By now most of you are aware that we have moved to southern Oregon. Aside from the usual chaos of packing and unpacking we did have fun (?) on the trip down. Seems the Mariners were playing that day in Seattle and a big football game was going on in Portland. Guess what--no Motel rooms available for over 650 miles.

Grabbed a couple hours power sleep at a rest stop and drove right through to our new home. Guess what--NO PHONES. (supposed to have been installed a week ago).

Called phone company to find out what was going on. Guess what--no more capacity on phone cable in area--have to wait for new cable to be put in. Should be finished in next five days.

Ten days later, after numerous calls to company, saw telephone workman's truck near road to our house. Guess what--no work order to hook us up. Nobody in local area new anything from head office.

Real neat guy though, workman said "no problem. I'll just nip up there and get you going." Guess What--Our line had been cut by a dozer used by the fencing crew. Next day he came out and found the break, fixed it, and we were back in communication with the outside world.

Asked him about our second line for our Fax. Guess what--no second line! Seems the phone company used it a while back to provide service to one of our neighbors.

Desperate for second line, asked him what we have to do to get second line to house. Guess what--dig a trench for a half mile (@ 80 cents a foot) to lay a new line to the new cable!

Neat guy put in the good word for us and got the phone company to pick up the tab. Guess what--they can't do it for about six months!! Oh by the way, remember the phone number for our fax that we gave you back in August--they changed it! After *@#^& (exchange of pleasantries) we got our number back.

Neat guy says "no problem. I'll just string a surface line down to the new cable for you". He did and we're up and running!!

From all of us here in Oregon--take care out there!!